

Senior Set

- Teul Oh Ha Dan Mahk Kee (reverse low block)
- Teul Oh Ahneso Phakuro Mahk Kee (reverse inside/outside block)
- Teul Oh Phakeso Ahnuro Mahk Kee (reverse outside/inside block)
- Teul Oh Sang Dan Mahk Kee (reverse high block)
- Teul Oh Choong Dan Soo Do Mahk Kee (reverse middle check block)
- Teul Oh Sang Dan Soo Do Mahk Kee (reverse high check block)
- Teul Oh Ahneso Phakuro Yuk Soo Do Mahk Kee (reverse inside/outside ridge hand block)
- Teul Oh Sang Dan Son Mok Deung (reverse back upper wrist strike to chin)
- Teul Oh Chung Dan Kwan Soo Kong Kyuck (reverse middle spear hand with guard)
- Teul Oh Phakeso Ahnuro Sang Dan Soo Do Kong Kyuck (reverse high outside/inside knife hand)
- Sang Dan Soo Do Mahk Kee, Teul Oh Sang Dan Soo Do Kyung Kyuck (high knife hand block, reverse high knife hand strike)
- Ki Mah Ja Seh Kwon Do Kong Kyuck (horse stance, hammer fist strike)
- Ki Mah Ja Seh Choong Dan Pal Coop Kong Kyuck (horse stance, supported elbow strike)
- Choong Dan Kwan Soo Kong Kyuck (spear hand strike, opposite hand open by side)
- Sang Dan Soo Do Kong Kyuck (high knife hand strike)
- Ki Mah Ja Seh Phakeso Ahnuro Pal Coop Kong Kyuck (horse stance, outside/inside elbow strike)
- Dwi Dull Ryo Ahneso Phakuro Pal Coop Kong Kyuck (spinning inside/outside elbow strike, horse stance)
- Hu Gul Ja Seh Ha Dan Mahk Kee, Sang Dan Ahneso Phakuro Mahk Kee (back stance, low block then high inside/outside block -- same hand)
- Hu Gul Ja Seh Ha Dan Soo Do Mahk Kee, Sang Dan Ahneso Phakuro Soo Do Mahk Kee (back stance, low knife hand block then high inside/outside knife hand block -- same hand)
- Dwi Dull Ryo Hu Gul Ja Seh Ha Dan Soo Do Mahk Kee, Sang Dan Ahneso Phakuro Soo Do Mahk Kee (back stance, spinning low knife hand block then high inside/outside knife hand block)